



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 11019, Asparagus, frozen, cooked, boiled, drained, without salt

Report Date: July 04, 2017 19:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	94.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Energy	kcal	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	74	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	2.95	4	0.108	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.42	4	0.079	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.61	4	0.043	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	1.92	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1993
Sugars, total	g	0.32	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2006
Minerals													
Calcium, Ca	mg	18	38	0.686	9	26	37.0	16.918	19.696	7	Aggregated data involving combinations of source codes 1 & 12	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe 1 2 3 4 5 6 7	mg	0.56	38	0.032	0.32	1.4	37.0	0.494	0.623	7 combinations of source codes 1 & 12	Aggregated data involving	--	12/2002
Magnesium, Mg 1 2 3 4 5 6 7	mg	10	38	0.430	3	16	37.0	9.34	11.083	7 combinations of source codes 1 & 12	Aggregated data involving	--	12/2002
Phosphorus, P 1 2 3 4 5 6 7	mg	49	38	1.677	24	73	37.0	45.617	52.412	7 combinations of source codes 1 & 12	Aggregated data involving	--	12/2002
Potassium, K 1 2 3 4 5 6 7	mg	172	38	7.439	69	292	37.0	156.61	186.758	7 combinations of source codes 1 & 12	Aggregated data involving	--	12/2002
Sodium, Na 1 2 3 4 5 6 7	mg	3	38	0.571	1	23	37.0	1.816	4.13	7 combinations of source codes 1 & 12	Aggregated data involving	--	12/2002
Zinc, Zn 1 2 3 4 5 6 7	mg	0.41	38	0.018	0.17	0.71	37.0	0.37	0.442	7 combinations of source codes 1 & 12	Aggregated data involving	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Copper, Cu 1 2 3 4 5 6 7	mg	0.105	38	0.004	0.06	0.16	37.0	0.097	0.113	7 combinations of source codes 1 & 12	Aggregated data involving	--	12/2002
Manganese, Mn 1 2 3 4 5 6 7	mg	0.140	38	0.006	0.06	0.23	37.0	0.129	0.152	7 combinations of source codes 1 & 12	Aggregated data involving	--	12/2002
Selenium, Se 1 2 3 4 5 6 7	µg	3.9	38	0.781	0	22	37.0	2.31	5.473	7 combinations of source codes 1 & 12	Aggregated data involving	--	12/2002
Vitamins													
Vitamin C, total ascorbic acid	mg	24.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.065	3	0.025	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.103	3	0.018	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	1.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.020	3	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	135	6	25.658	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	135	6	25.658	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	135	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	20.9	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2006
Betaine	mg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	40	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	483	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2002
Vitamin A, IU	IU	806	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lycopene	µg	24	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2002
Lutein + zeaxanthin	µg	618	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2002
Vitamin E (alpha-tocopherol)	mg	1.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta	mg	0.02	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Tocopherol, gamma	mg	0.17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Tocopherol, delta	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	80.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Lipids													
Fatty acids, total saturated	g	0.096	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
14:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
16:0	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Fatty acids, total monounsaturated	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:1 undifferentiated	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Fatty acids, total polyunsaturated	g	0.185	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:2 undifferentiated	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:3 undifferentiated	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.109	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.342	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.483	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/1993
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Sources of Data

¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994